

DANCE



R Ballroom Basics

In this popular dance series you will understand Ballroom dancing. The focus will be on Foxtrot, Waltz and Single Time Swing. The easy pace and simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non Res

Dublin Senior Center

Fri 1/23-3/13 7:00-7:55 PM Activity #36487



Tintermediate Ballroom Dance

Learn new dance steps and meet other dancers. Everyone is welcome with or without a partner. The January/February class will feature the Night Club 2-Step, and the March/April class will feature the Rumba. 8 Classes Instructor: Bill Blankenship

18 Years+ \$48 Resident Seniors/\$58 Non Resident or Under 50 Years

Dublin Senior Center

Thu 1/8-2/26 7:25-8:25 PM Activity #36301 Thu 3/5-4/23 7:25-8:25 PM Activity #36302

🌄 International & American Latin & **Ballroom Mix**

Want to Dance like the dancers on the Dancing with the Stars? Then grab your dancing shoes and come join us. In this class students will learn the various Ballroom & Latin dances that are popular today. Dances includes: Jive Waltz, Samba, Foxtrot, Paso Doble, Viennese Waltz, Rumba, QuickStep, Cha Cha & Tango. Students can take advantage of the many benefits that dance offers. Students will learn that Dancing is fun and is a great way to stay in shape and keep your mind active. No partner required.

11 Classes Instructor: 4Ever Dance Studio

18 Years+ \$151 Res/\$181 Non Res

4 Ever Dance Studio

Wed 1/14-3/25 8:00-9:00 PM Activity #36447

Registration Dates

Resident registration begins on

Monday, December 22

Non Resident registration begins on Monday, January 5



Latin Basics

In this popular dance series you will learn Cha Cha and Rumba with a Salsa introduction. Salsa is fast, taking Latin Basics will help you learn the turns and tempo changes first for a greater dance experience. Simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non Res

Dublin Senior Center

Fri 3/20-5/15* 7:00-7:55 PM Activity #36488

* no class 4/3



Reast Coast Swing Dance

Swing your way into fun on a Friday night! Start with single timing, then transition to triple timing. Simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels, and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non Res

Dublin Senior Center

Fri 1/23-3/13 8:00-8:55 PM Activity #36489





🧩 Wedding Days First Dance

Turn your first dance from basic and outdated, to a stylish event! Impress your friends by using very basic Foxtrot and Waltz dance steps, with special attention to the beginning and ending of your dance to add flare to your wedding or special occasion. Simple instructions will build your confidence guickly, and smooth, flowing routines with easy turns will prepare you for any event.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non Res

Dublin Senior Center

Fri 3/20-5/15* 8:00-8:55 PM Activity #36492

* no class 4/3



Trish Dance

Beginner and intermediate level dancers will learn a variety of soft and hard shoe dances, as well as group dances. Traditional "set dances" will also be taught. A recital will be held on the last night of class.

10 Classes Instructor: Valerie Deam

13 Years+ \$64 Res/\$77 Non Res **Heritage Park & Museums**

Thu 1/8-3/26* 8:00-9:00 PM Activity #36433

* no class 2/12



Belly Dance

Belly dance is a non-impact, weight-bearing exercise and this is suitable for all ages. It is a good exercise for the prevention of osteoporosis in older people. Many of the moves involve isolations, which improves flexibility. This ancient beautiful and graceful art form, builds strength, muscle control, isolations, flexibility and music interpretation.

11 Classes Instructor: 4Ever Dance Studio

18 Years+ \$151 Res/\$181 Non Res

4 Ever Dance Studio

Tue 1/13-3/24 6:30-7:30 AM Activity #36448





Adult Tap I

Appropriate for both beginner and intermediate dancers, students will be introduced to a variation of time steps, tap turns, floor combinations, and application of various syncopated rhythms to music with an emphasis on clean footwork. Tap shoes are required.

9 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non Res

Heritage Park & Museums

Tue 1/20-3/17 7:45-8:45 PM Activity #36524



🖀 Adult Tap II

Tap II expands on the tap basics with the addition of intricate rhythm variations, so students should have previous tap dance experience/ classes. Tap provides great exercise for the mind and body! Loads of fun! Tap shoes are required.

9 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non Res

Heritage Park & Museums

Tue 1/20-3/17 6:45-7:45 PM Activity #36525 Tue 4/14-6/9* 6:45-7:45 PM Activity #36526

* no class 6/2



MUSIC & ART

Acoustic Blues Guitar

Country and Delta Blues feature a unique kind of guitar playing that calls on a strong sense of time, right-hand techniques, and syncopated rhythms. Learn how to fingerpick songs in standard and open tunings, alternating bass, melodic support, and slide. These techniques will be taught in the styles of Blind Blake, Blind Lemon and Robert Johnson. Knowledge of the names of strings, some basic chords, barre chords and basic fingerpicking is helpful. Bring your guitar to class.

6 Classes Instructor: Glenn Staller

18 Years+ \$99 Res/\$119 Non Res; plus \$20 materials fee

Shannon Community Center

Mon 4/13-5/18 7:00-8:00 PM Activity #36491

Guitar Lessons For Beginners

Lesson format includes strumming, picking, scales and chords, and how they all work together to make music. You'll be playing songs by the end of class. Please bring guitar, picks, clip-on tuner, and folder or binder to each class.

6 Classes Instructor: Mark Stoebe

16 Years+ \$100 Res/\$120 Non Res

Heritage Park & Museums & Shannon Community Center

Sat 1/24-2/28 1:00-2:30 PM Activity #36656 Sat 3/7-4/11 1:00-2:30 PM Activity #36657

Beginning Ukulele

Master the basics of playing the ukulele! The focus is on learning chords, strumming, and melodies through playing contemporary and traditional Hawaiian songs. Participants will play songs together as a group each week. Course revised with additional songs.

5 Classes Instructor: Glenn Staller

13 Years+ \$89 Res/\$107 Non Res; plus \$20 materials fee

Shannon Community Center

Mon 3/9-4/6 7:00-8:00 PM Activity #36490

Ceramic Sculpture for Teens and Adults

This sculpting class is for artists interested in creating sculptures. Advanced sculptors are welcome, but no experience is necessary. Working with ceramic clay, make sculptures based on family photos, reference photos, or directly from your imagination. We will use simple tools and fundamental artistic principles of proportion, simplification, and careful observation to make great sculptures. This will be a fun, no-pressure environment, but you will be encouraged to fully complete at least one sculpture worth keeping forever. Clay and tools are provided. *Instructor: Eric Haggin*

12 Years+

Heritage Park & Museums

6 Classes \$120 Res/\$144 Non Res

Fri 4/3-5/15* 7:00-9:00 PM Activity #36474

* no class 4/10

Sat 4/4-5/9* 3:00-5:00 PM Activity #36475

* no class 4/11

8 Classes \$160 Res/\$192 Non Res

Fri 1/16-3/6 7:00-9:00 PM Activity #36444 Sat 1/17-3/7 3:00-5:00 PM Activity #36445

Hand Painting on Glass

In this class participants will learn to paint on clear and colored glass like candleholders, wine glasses, vases, plates and candy bowls. Using different designs and patterns you will change any piece of ordinary glass to artwork that you can also use or give as a gift. A step-by-step demonstration will be given. Participants will finish four to five pieces of art. No experience is needed and all materials will be provided.

8 Classes Instructor: Zina Kassab

18 Years+ \$140 Res/\$168 Non Res; plus \$15 materials fee

Heritage Park & Museums

Wed 1/21-3/11 6:00-8:00 PM Activity #36427 Wed 3/18-5/6 6:00-8:00 PM Activity #36428





SPECIAL INTEREST

CPR, AED and First Aid

Did you know that 75% to 80% of all out-of-hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs of cardiac arrest and get information about how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more.

1 Class Instructor: American Safety Academy

13 Years+ \$72 Res/\$86 Non Res **American Safety Academy**

Sun 2/22 3:30-8:00 PM Activity #36426 Sat 3/28 9:30 AM-2:00 PM Activity #36425

FITNESS & WELLNESS



S Jazzercise®

Each 60-minute workout is a fusion of dance, pilates, yoga, and muscle toning movements, choreographed to today's music. Classes include a warm-up, 30-minutes of cardio and strength training, and a finishing stretch. Call Barbara at (925) 447-8890 to register and for more information.

16 Years+

Dublin Senior Center Mon 8:30 AM & 5:30 PM Tue 8:30 AM & 6:00 PM Wed 8:30 AM & 5:30 PM Thu 6:00 PM Fri, Sat, Sun 8:30 AM

🎇 Zumba Fitness with Robin

Dance to great music, with great people, and burn a ton of calories without even realizing it. Who is Zumba perfect for? Everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility.

16 Classes Instructor: Robin Cranford

16 Years+ \$117 Res/\$140 Non Res

Dublin Senior Center

Tue 1/20-5/12* 7:15-8:15 PM Activity #36517 * no class 3/31

Wed 1/21-5/13* 6:00-7:00 PM Activity #36516 * no class 4/1



R Bombay Jam Total Body Fitness

This program has a serious focus on integrating fun and fitness! Our custom music mixes are created with the hottest Bollywood tracks and some American Top 40 music, that will motivate the participants instantly. Bombay Jam includes cardio and toning in one actionpacked class. The choreography incorporates simple and easy-to-follow dance fitness moves and is full of Bollywood masala! Build endurance and develop long, lean muscle - participants will be burning calories and thrilled by all the Bombay flair! Just one class will leave the class energized and counting down till next Bombay Jam class.

Instructor: Priya Vasudevan

18 Years+

Dublin Senior Center

10 Classes \$87 Res/\$104 Non Res

Sun 1/18-3/22 10:00-11:00 AM Activity #36430 Activity #36662 Wed 4/8-6/10 7:00-8:00 PM Sun 4/12-6/21* 10:00-11:00 AM Activity #36663 * no class 4/26

11 Classes \$95 Res/\$114 Non Res

Wed 1/14-3/25 7:00-8:00 PM Activity #36429





Running For Weight Loss

This safe, simple program will help you shed the pounds faster and easier than you ever thought possible. Little by little, week by week, you'll find yourself running more and weighing less! Learn the basics from what shoes to wear, to stretching, proper form, and improving your core. Even if you've never run before—we can help. Experience all the health benefits of running: improved mood, reduced stress, more stamina, and tons of energy! This is also a great way to train for the Shamrock 5K Fun Run & Walk. Instructor: The FIT Potato

18 Years+ \$139 Res/\$167 Non Res

The FIT Potato

Mon, Wed 1/12-3/11 6:00-7:00 PM Activity #36470 Mon, Wed 3/16-5/20 6:00-7:00 PM Activity #36653



Mommy Bootcamp

Work out with The FIT Potato's Women's Bootcamp at a time that's convenient for you. Our 5:30 AM class is perfect for getting away while the kids are still sleeping. Participants get their workout in first thing in the morning and don't have to worry about it the rest of the day. Not an early riser? That's ok! Come to our 9:00 AM class right after you drop the kids off at school!

10 Classes Instructor: The FIT Potato 18 Years+ \$140 Res/\$168 Non Res

The FIT Potato

Tue, Thu 1/12-2/11 5:30-6:30 AM Activity #36649 Tue, Thu 1/13-2/12 9:00-10:00 AM Activity #36650 Tue 3/10-5/12 5:30-6:30 AM Activity #36651 3/10-5/12 9:00-10:00 AM Activity #36652 Tue



Simply Yoga

This class is designed for all levels especially those "not flexible," with special emphasis on beginners. Also recommended for those who have been practicing and would like to refine the basics. Learn basic postures, breath work, meditation practices, and the philosophy of yoga.

6 Classes Instructor: Jane McIntosh, Certified Personal Trainer

18 Years \$60 Res/\$72 Non **Shannon Community Center**

Mon 2/2-3/16* 7:15 PM-8:15 PM Activity #37214

* no class 2/16

Mon 4/6-5/11 7:15 PM-8:15 PM Activity #37215

🏲 Yoga & Meditation I & II

After a stressful day, would you like to be calm, sleep better at night and respond instead of react? Yoga can help relieve stress and joint stiffness. Students can focus and clear their minds while developing strength, flexibility, balance and coordination. Students will learn to integrate the mind, body and spirit. Yoga is practiced with comfort, attention to breathing and slow intentional movements creating health and wholeness. Expectant mothers are encouraged to participate. Yoga is conducted in bare feet and is best on an empty stomach.

8 Classes Instructor: Lorey Wallace

18 Years+ \$120 Res/\$144 Non Res

Dublin Civic Center

Wed 1/14-3/4 7:30-8:45 PM Activity #36463 Wed 3/18-5/13 7:30-8:45 PM Activity #36464

🎇 Yoga & Meditation II & III

Students can create a more peaceful mind and a stronger, more flexible body. Yoga can assist in building balance, coordination and energy flow. Yoga movements release stiffness from the body. Meditation clears the mind and reduces stress and blood pressure, which builds energetic pathways between breathing, movement and spirit. This multi-level Yoga class is for continuing students.

8 Classes Instructor: Lorey Wallace

18 Years+ \$120 Res/\$144 Non Res

Dublin Civic Center

Wed 1/14-3/4 6:00-7:15 PM Activity #36465 Wed 3/18-5/13 6:00-7:15 PM Activity #36466







Unwind, relax, and rejuvenate while stretching your entire body! Learn safe and simple techniques for stretching that you can do at home and work. Exercises to alleviate lower back pain, and release neck and shoulder tension, as well as stretching major muscle groups, and the role of myofascial release therapy to aid flexibility and movement.

Instructor: Judy Connaughton, Certified Massage Therapist

18 Years+

Dublin Senior Center

6 Classes \$48 Res/\$58 Non Res

Thu 1/15-2/19 5:15-6:00 PM Activity #37062 Thu 4/9-5/14 5:15-6:00 PM Activity #37064

5 Classes \$40 Res/\$48 Non Res

Thu 2/26-3/26 5:15-6:00 PM Activity #37063



Pilates Barre Sculpt

Transform your body to longer, leaner and stronger, while enhancing flexibility and posture, redefining your body image inside and out. This class incorporates Pilates and Barre exercises that engage the core while sculpting and shaping the entire body. This multi-level class focuses on form and alignment, muscle intensity, and calorie burning exercise in a non-impact format.

Instructor: Judy Connaughton, Certified Massage Therapist

18 Years+

Dublin Senior Center

5 Classes \$50 Res/\$60 Non Res

Thu 2/26-3/26 6:00-7:00 PM Activity #36514

6 Classes \$60 Res/\$72 Non Res

Thu 1/15-2/19 6:00-7:00 PM Activity #36513 Thu 4/9-5/14 6:00-7:00 PM Activity #36515



Pilates Plus

Become leaner, stronger and revitalized through Pilates. Pilates is a system of exercises utilizing the body and mind to increase flexibility and strength. The focus of Pilates is on the "powerhouse" muscles, which encompasses the core muscles of the torso and the relation of the abdominal to the back muscles. Rollers and balls will be used for myofascial and muscle release. Designed for all levels; students focus on body awareness in a fun, informative format.

Instructor: Judy Connaughton, Certified Massage Therapist

16 Years+

Dublin Senior Center

4 Classes \$40 Res/\$48 Non Res

Mon 1/12-2/9* 6:45-7:45 PM Activity #36437

* no class 1/19

5 Classes \$50 Res/\$60 Non Res

Mon 2/23-3/23 6:45-7:45 PM Activity #36438

6 Classes \$60 Res/\$72 Non Res

Mon 4/6-5/11 6:45-7:45 PM Activity #36439

BICYCLE WORKSHOPS

Adult Bike Safety Class: Urban Cycling 101

Saturday, April 18 10:00 AM - Noon **Dublin Library Program Room**

Adults and teens

This fun and interactive classroom workshop taught by a certified League of American Bicyclists instructor will cover:

- · Basic rules of the road
- How to equip your bicycle
- Fit your helmet
- Avoid bike theft
- Ride after dark
- Avoid common crashes

Each participant will receive a free reflective vest! For adults and teens, ages 13 and older; classroom session; no bike required. Registration required at BikeEastBay.org/Education.



Family Cycling Workshop

Saturday, May 9 10:00 AM - 12:30 PM **Green Elementary School**

Adults and youth in grades 2 to 6

The family that rides together thrives together! Join our certified instructors for a day of fun games, drills, skills building, and a neighborhood ride. This outdoor workshop is for children who are able to ride a bike, and are ready to take to the roads and pathways with their parents. Parents and children attend together. Children receive a free reflective vest for participating. Adults and children must bring their own bicycles and helmets to class and be able to ride in order to participate. Registration required at BikeEastBay.org/Education.



These classes are FREE! To reserve your spot, please register online at BikeEastBay.org/Education. For more information please call Kathy Southern at (925) 833-6630.

MARTIAL ARTS



Students will be immersed in the Korean Martial Art of Tang Soo Do while learning basic blocks, punches, kicking and sparring techniques that instill discipline and self-control.

13 Classes Instructor: Robert Berger

15 Years+ \$90 Res/\$108 Non Res

Dublin Public Library

Mon 1/26-5/11* 7:30-9:30 PM Activity #36436

* no class 2/16, 3/9 & 3/16

🌄 Filipino Martial Arts (Eskrima/Arnis and Open Hand)

Learn Filipino weapon-based martial arts of self-defense, particularly those that focus on stick-fighting (baston) or blade. This also includes applying empty-handed striking methods, joint locking, disarming, and take downs maneuvers. Uniforms and baston (stick) are not included they can be purchased on the first day of class.

17 Classes Instructor: Ed Untalan

12 Years+ \$225 Res/\$270 Non Res

Dublin Public Library

Thu 1/8-5/28* 5:30-6:25 PM Activity #36484

* no class 1/22, 3/5, 3/12 & 4/2

SPORTS



Coed Golf School

Learn to play golf in a friendly, non-competitive environment. Golf rules, etiquette, basic full swing fundamentals, and short game skills (chipping and putting) will be covered. Bring your own clubs if possible; however, limited golf clubs are available if needed. Golf or tennis shoes required. 5 Classes Instructor: Marissa Apodaca, Assistant Golf Professional

18 Years+ \$114 Res/\$137 Non Res

Dublin Ranch Golf Course

Wed 4/8-5/6 5:00-6:00 PM **Activity #37122** 9:00-10:00 AM Activity #37123 Sat 4/11-5/9 Wed 5/27-6/24 5:00-6:00 PM Activity #37144 Sat 5/30-6/27 9:00-10:00 AM Activity #37145



Women's Golf School

Women's golf is on the rise and the Ladies Professional Golf Association (LPGA) is steadily gathering dedicated golf fans. Don't just watch this is your chance to learn how to play with other motivated women. Instruction includes correct grip, stance, posture, and how to take aim and take a full swing. Fundamentals, rules, and etiquette will also be covered. Bring your own golf clubs; however, limited clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Marissa Apodaca, Assistant Golf Professional

18 Years+ \$114 Res/\$137 Non Res

Dublin Ranch Golf Course

6:15-7:15 PM Activity #37119 Thu 4/9-5/7 Thu 5/28-6/25 6:15-7:15 PM Activity #37121





Tennis 101

Learn a sport that you can enjoy for a lifetime with this easy step-by-step lesson plan. You'll receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with the focus on developing solid techniques. Instructor/ student ratio is 1:6.

Instructor: Arora Tennis

18 Years+

6 Classes \$119 Res/\$143 Non Res; plus \$10 equipment fee

Emerald Glen Park

Thu 1/8-2/12 7:00-8:00 PM **Activity #36913 Fallon Sports Park**

Sat 1/10-2/14 9:00-10:00 AM Activity #36915

7 Classes \$139 Res/\$167 Non Res; plus \$10 equipment fee

Emerald Glen Park

Activity #36914 Thu 2/26-4/9 7:00-8:00 PM Thu 4/23-6/4 7:00-8:00 PM Activity #36969

Fallon Sports Park

Sat 2/28-4/11 9:00-10:00 AM Activity #36916 Sat 4/25-6/13* 9:00-10:00 AM Activity #36970 * no class 5/23

Kolb Park

Sun 2/22-4/12* 9:00-10:00 AM Activity #36973 * no class 4/5

Activity #36971 Wed 2/25-4/8 7:00-8:00 PM **Activity #36972** Wed 4/22-6/3 7:00-8:00 PM Sun 4/26-6/14* 9:00-10:00 AM Activity #36974 * no class 5/24

Schaefer Ranch Park

Sun 2/22-4/12* 1:00-2:00 PM Activity #36976 * no class 4/5

Sun 4/26-6/14* 1:00-2:00 PM Activity #36977 * no class 5/24

Mon 4/20-6/8* 6:45-7:45 PM Activity #36975 * no class 5/25



Tennis 102

Attention all intermediate players—this class is for you! Continue to develop solid techniques and further strengthen your skill level. Instructor/student ratio is 1:6.

Instructor: Arora Tennis

18 Years+

Emerald Glen Park

6 Classes \$119 Res/\$143 Non Res; plus \$10 equipment fee

Thu 1/8-2/12 7:00-8:00 PM Activity #36917 Sat 1/10-2/14 9:00-10:00 AM Activity #36918

7 Classes \$139 Res/\$167 Non Res; plus \$10 equipment fee

Activity #36978 Thu 2/26-4/9 7:00-8:00 PM Sat 2/28-4/11 9:00-10:00 AM Activity #36980 Thu 4/23-6/4 7:00-8:00 PM **Activity #36979** Sat 4/25-6/13* 9:00-10:00 AM Activity #36981

* no class 5/23





Cardio Tennis

Looking for the ideal alternative to working out in the gym? Cardio Tennis is a new, fun group activity with drills to give athletes of all abilities the ultimate high-energy workout. Each class includes a warm-up, cardio workout, and cool-down phase. If you want a new way to get in shape and burn calories, try Cardio Tennis! All playing levels are welcome. Instructor/student ratio is 1:7.

Instructor: Arora Tennis

18 Years+

6 Classes \$109 Res/\$131 Non Res; plus \$10 equipment fee

Emerald Glen Park

Tue 1/6-2/10 7:00-8:00 PM Activity #36919

Fallon Sports Park

Sat 1/10-2/14 8:00-9:00 AM Activity #36921

7 Classes \$127 Res/\$152 Non Res; plus \$10 equipment fee

Emerald Glen Park

Tue 2/24-4/7 7:00-8:00 PM Activity #36920 Tue 4/21-6/2 7:00-8:00 PM Activity #36982

Fallon Sports Park

Sat 2/28-4/11 8:00-9:00 AM Activity #36922 Sat 4/25-6/13* 8:00-9:00 AM Activity #36983 * no class 5/23

SPORT LEAGUES

Resident/Non Resident Status

To qualify as a resident team: 51% of the roster must be Dublin residents or must be sponsored by a Dublin-based business with a current business license, and pay by company check or credit card. Resident team registration must be done in person, not online.

Registration

Team registration (sorry, no individual players accepted; please see the Free Agent List below) can be completed online or at the Parks and Community Services Department office at the Shannon Community Center. Full registration and payment must be completed two weeks prior to the advertised league start date or a \$25 late fee applies. No partial payments will be accepted. Players must be age 18 years or older. Please call (925) 556-4500 to check space availability.

Free Agent List

The City of Dublin maintains free agent lists for basketball, bocce and softball. Please call (925) 556-4500 to be added to a list. This list is shared with team managers by request.



Adult Basketball League

The Men's 5-on-5 basketball leagues consist of a ten game schedule, plus playoffs for the top qualifying teams. Men's C level should be considered higher than the Men's D level. The 5-on-5 leagues will be played on Sunday afternoon and evening. Registration is currently open for the January leagues.

18 Years+ \$640 Res Team/\$768 Non Res Team

Stager Community Gymnasium

"C" Leaque

Begins Sun 1/11 Activity #36350 Begins Sun 5/3 Activity #36654

"D" League

Begins Sun 1/11 Activity #36349 Begins Sun 5/3 Activity #36655



🚰 Adult 5-on-5 30+ Basketball League

This Men's 5-on-5 basketball league is for players age 30 and older. The season consists of an eight game schedule, plus playoffs for the top qualifying teams. The 5-on-5 30+ league will be played in the evening. Registration is currently open for this league.

30 Years+ \$509 Res Team/\$611 Non Res Team

Stager Community Gymnasium Begins Mon 3/23 Activity #36383





R Adult Softball Leagues

Softball is a great way for co-workers to socialize and improve teamwork skills outside of the office. City leagues cater to recreational level softball players. So get your family, friends and co-workers together and form a team! Softball leagues consist of a 8 game schedule, plus playoffs for the qualifying top teams. All games will be played at the tournament-quality softball complex at Fallon Sports Park. Game times at 6:15, 7:30 & 8:45 PM.

18 Years+ \$599 Res Team/\$719 Non Res Team

Fallon Sports Park

Men's "D" League Begins Tue 4/7 Activity #36646

Coed "D" League*

Begins Thu 4/9 Activity #36645

* Coed teams are required to field a minimum of three women



Adult Coed Bocce League

Enjoy the most relaxed social team sport around! Bocce is easily played by all ages and physical abilities, and both beginner and experienced players are welcome to join in the fun. Teams may be comprised of two to eight players each. Due to the popularity of this program, two evening leagues are offered on either Wednesday nights or Friday nights for a 10week session. Picnic tables are nearby so feel free to bring refreshments to enjoy while playing.

18 Years+ \$140 Res Team/\$168 Non Res Team

Emerald Glen Park

Begins Wed 4/22 6:00-8:00 PM Activity #36647 Begins Fri 4/24 6:00-8:00 PM Activity #36648

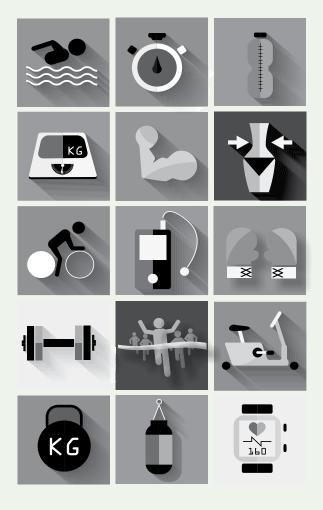


MARCH 15 - MAY 9, 2015

Team up for an 8 week adventure challenge that focuses on increasing physical activity at any level. Activ8, Educ8, and Motiv8 yourself to a healthier you!

Participants team up to Activ8 their daily routines. Teams will learn about energy-boosting foods, activity-increasing workouts, and stress-reducing social activities.

The Activ8 Challenge is about adopting a sustainable habit of daily exercise at any level, being social with your teammates and activating your energy!



1 GET STARTED

- Join as a team of 2-10 participants
- Choose a team name. Get creative!
- Gather your team members' email addresses
- Each participant receives:
 - Personal online tracking page and journal
 - Weekly emails to help you stay motivated to meet your goals
 - Access to the wellness portal that includes: daily recording, calorie tracker, meal planner, goal tracking, shopping lists and forums
 - Each participant will receive a T-Shirt

2 REGISTER

- Registration opens: February 1st
- Entry fee is \$10 per participant
- Go to www.livehealthydublin.com
- Click "Join Today"
- Enter Registration ID: LHDUBLIN
- Complete your registration form, submit payment and start tracking your activity!

3 STAY ACTIVE

• Tracking Activity:

- Log into your Live Healthy dashboard: www.livehealthydublin.com
- Click on the myTracker tab to start logging your activity
- Tracking Activity with Device/App (optional)
 - Integrate a tracking app or device into your challenge! Use the app/device during the Activ8 challenge and automatically sync with the Live Healthy website:
 - 1. Download the tracking app on your smartphone device
 - 2. Log into your Live Healthy dashboard: www.livehealthydublin.com
 - 3. Click on myDevices/Apps tab
 - **4.** Find the device option and click "Add Device" to sync your information